

10 Tips to Help Your High Achiever Manage Emotions

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By Christine A Chambers, OTR/L, MED
Pediatric Occupational Therapist
Abilities First LLC



HOPE



Myth busters

- ▶ All skills develop at the same pace
- ▶ Strengths and weaknesses
- ▶ To understand is to apply
- ▶ Inconsistencies-they don't want to
- ▶ Bad emotions

Skills Development

- ▶ Gross motor
- ▶ Fine motor
- ▶ Self care
- ▶ Cognition
- ▶ Social
- ▶ Emotional/self regulation
- ▶ Language



Search for the underlying root

- ▶ View with new lenses
- ▶ Root vs trigger
- ▶ Sensory sensitivity/arousal
- ▶ Anxiety/fear of unknown
- ▶ Self expectations/failure

Help your child to self assess (Executive Function)

- ▶ Zones of regulation
- ▶ Five-point scale
- ▶ Interoception
- ▶ Superflex
- ▶ Mind Ninja



Interrupt the negative spiral

- ▶ Change the 'I can't...'
- ▶ What is your superpower?
- ▶ Thought catch
- ▶ I'm a bit scared, but I can do this
- ▶ I don't like this, but I can handle it



Start Positive... End Positive...

- ▶ A mind shift
- ▶ Start the day by saying/writing something that you are thankful for or happy about
- ▶ End the day by 'the best thing that happened today is..'
- ▶ I love me (I like me, or I am learning to love me)
- ▶ Self compassion vs self criticism



Sensory needs:
Filling or emptying
your bucket



Sensory Diet



Run, jump, crash, obstacle course, swing, twirl



Music, sing, dance, march, quiet space



Draw, color, paint, art, read, pet/play with dog



Blow bubbles, breathe, suck from a straw, snack



Sand, water, leaves, rice, squeeze balls, big hugs



Help your child to assess the situation

- ▶ Size of the problem (zones)
- ▶ How bad is it really 1-10 (100)
- ▶ Will it matter tomorrow, next week?
- ▶ Practice ranking things when calm
- ▶ Positive self talk
 - It's only a 4, I can handle a 4!

Predictability and Consequences

1. Set the structure
2. Review the schedule
3. All action=consequence
4. The child has a choice
5. He/she is in control of the consequence



In the moment

- ▶ Less is more- use minimal key words
- ▶ 10 second pauses between saying anything
- ▶ Give space
- ▶ Decrease eye contact-periphery
- ▶ Environment
 - decrease lights
 - decrease sound
 - move to new environment
 - have a calm space to go to



Review of the past

- ▶ Wait until calm to talk
- ▶ Sit next to them
- ▶ Wait for their eye contact
- ▶ Focus on one thing that they would like to do differently next time
- ▶ When it is the next time
 - ▶ How do I want to feel?
 - ▶ What do I hope will happen?
 - ▶ What can I do to make that happen?



Celebrate the success

- ▶ You are here; that is good
- ▶ Acknowledge the attempts
- ▶ Progress over perfection
- ▶ Promoting a positive spiral
- ▶ Internal motivation
- ▶ Feel supported and encouraged



Support strategies

1. Discuss and practice strategies during happy, calm times
2. Model the strategies for them
3. Take turns with your child
4. Embed choices into their day
5. Take time for a joyful moment each day



Resources

- ▶ -Zones of regulation by Leah M. Kuypers
- ▶ -Thinkables/unthinkables by Michelle Garcia Winner
- ▶ -Mind Ninja by Joeline Lavrick, BA
- ▶ -The Explosive Child by Ross Green
- ▶ -The Out of Sync Child by Carol Kranowitz
- ▶ -The Out of Sync Child has Fun by Carol Kranowitz
- ▶ -Are you in the Zone? By Timothy Kowalski
- ▶ -Gozen.com Anger iceberg

You can find these books in the library but you can also see YouTube videos of the authors sharing key concepts about each resource.